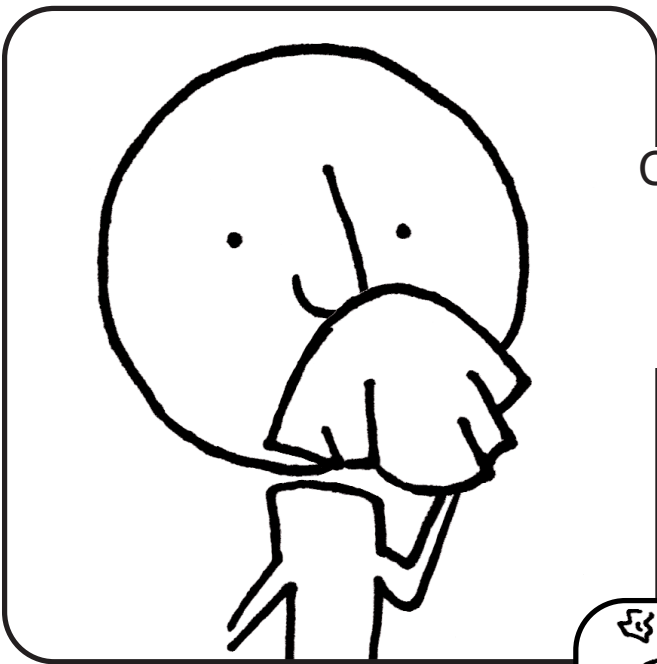


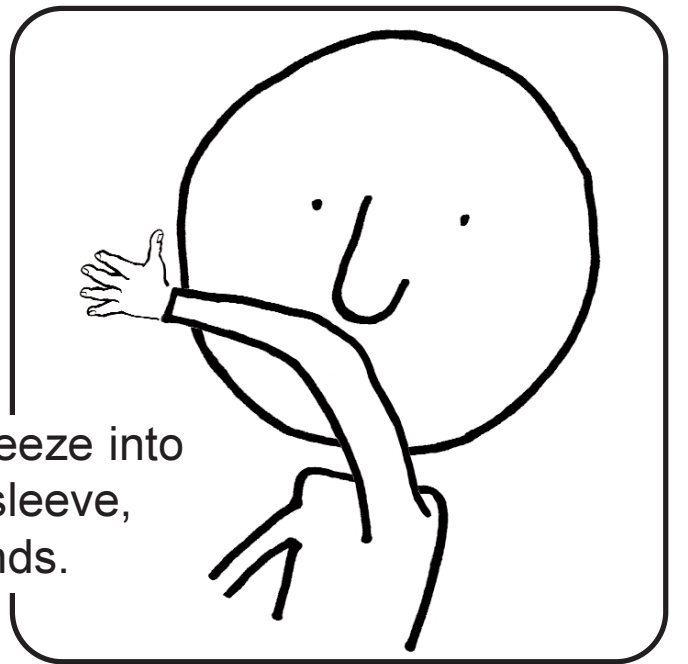
Stop the spread of germs that make you and others sick!

Cover your Cough

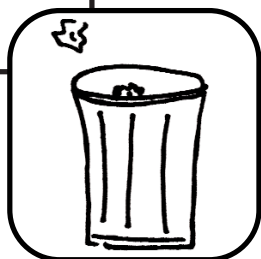


Cover your mouth
and nose with a
tissue when you
cough or sneeze
or

cough or sneeze into
your upper sleeve,
not your hands.

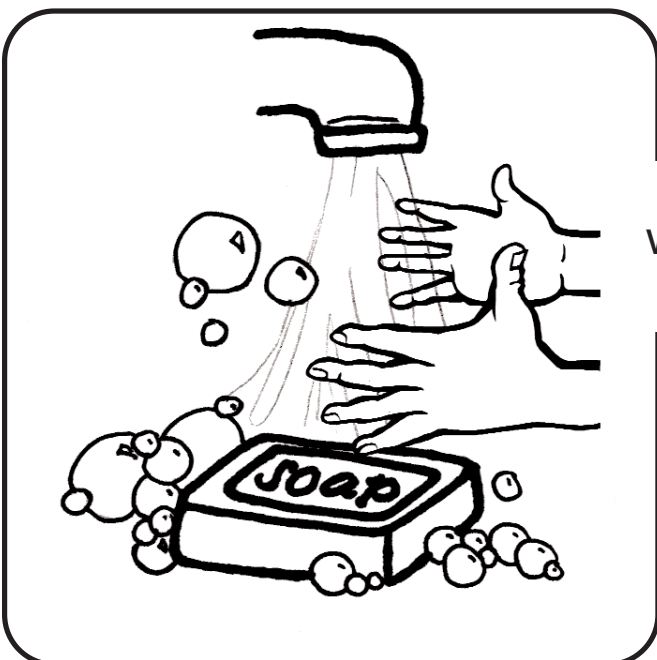


Put your used tissue in
the waste basket.



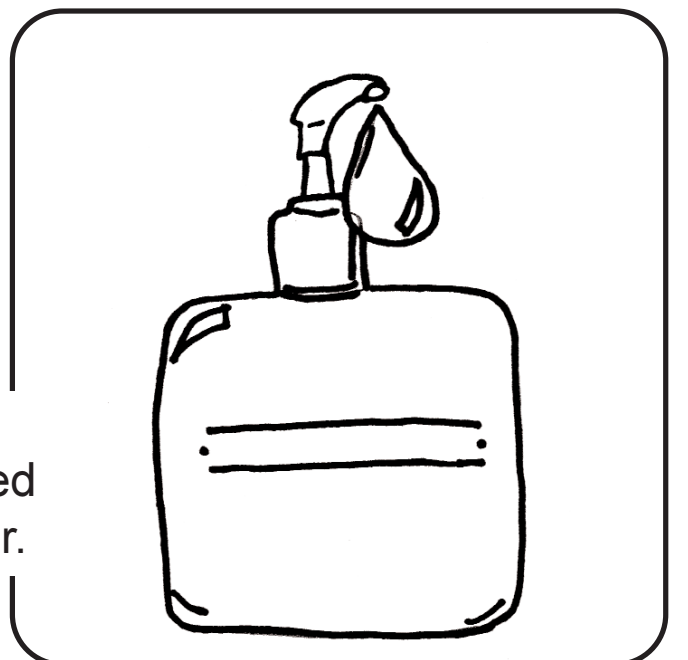
Clean your Hands

after coughing or sneezing.



Wash hands
with soap and
warm water

or
clean with
alcohol-based
hand cleaner.



Materials adopted from

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



402-471-3121

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